

Abstract

Method and apparatus providing a rest member having a support surface and a stand for the rest member, with the rest member having a plural multiplicity of apertures therein to permit the adjustment in height thereof with respect to the stand, which can take 5 the form of an expandable member associated with the rest member and being contractable as well as expandable inwardly and outwardly and accompanied by means for inhibiting the separation of the rest member from stand after the rest member has been positioned on the stand.